



STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue Five

Spread love with STARSS: Update from the STARSS national community

• **Hand out candy hearts**, if moms want to substitute candies for smoking.

• **Send a STARSS Valentine.** Get creative with construction paper and craft supplies such as sparkles, lace and feathers.

• **Help moms plan a family activity** outdoors or somewhere you can't smoke. Check out free activities, such as ice skating, or visiting the library. Many towns host free family-friendly events, so check your local newspaper.

• **Decorate Valentine's Day goodies** with moms. Ice a star shape on pink cupcakes or cookies. Include the kids! Let them paint the icing on the cupcake or cookie using a paintbrush.

• **Remind moms** that you don't need a romantic partner to brighten a loved one's day. She could surprise her kids or treat herself.

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Thank you to all of our STARSS who attended the national meeting in Ottawa in January. Your talent and energy helps STARSS grow.

Our Phase 1 rollout sites are doing great STARSS work, and it was fantastic to reconnect with Lynne (MB), Terry (AB), Shannon (YT), JoAnna (NS), Jennifer (ON), and to meet Lindsay (YT) and Cheryl (AB). Prema, Melanie, and Heather, you were missed!

Thanks to our "rising STARSS" (Linda's great phrase) whose new perspectives and creative ideas are already enhancing STARSS. We were privileged to meet Genevieve (NWT), Christine (BC), Raylene (SK), Linda (NB), Jacquie (PEI), Lisa (NL), and Nicole (NL).

Also, thanks to Sylvie and all our friends at PHAC and Health Canada for your involvement and engagement. It means a lot to all of us that you take such an active, encouraging role in STARSS.

In PEI, Jackie and Joanna will be doing a training in March for all the CAPC projects in the province. Thanks for your efforts, and have fun!

Exciting website news: STARSS showcase!

We are working on a page to include all of your great STARSS ideas and innovations. Please send us an email at info@aware.on.ca with a description of your event to be featured on the site. And send photos, if you have them. Just don't forget to sign a waiver, available here: www.aware.on.ca/starss/starss-showcase

How would you help a STARSS mom cope if she's feeling lonely around Valentine's day?

Share your ideas with us in our **STARSS** online community. Join as a **STARSS** service provider. Go to: <http://aware.on.ca/user/register> to sign up!

Go to www.aware.on.ca to download a print friendly version of the newsletter.